



# COMMUNITY-BASED ORGANIZATIONS & RURAL COMMUNITIES SECTOR TELEBRIEFING

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*County of San Diego*

*Last Updated: 12/02/2021*



**LIVE WELL**  
SAN DIEGO

# WHEN IS THE NEXT TELEBRIEFING?



## Community-Based/Rural Communities Telebriefings: 1<sup>st</sup> Thursdays

**Next telebriefing: January 6, 2022 | 1pm-2pm**

# January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 CBO & Rural Tele	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



## Agenda:

- Welcome & Announcements
- Medical Updates
- Reopening Updates
- National Alliance on Mental Illness Presentation
- Q&A
- Closing

## Our Speakers:



**ALLISON HIRAHARA**

Community Health Promotion  
Specialist, Community & Faith-  
Based Organizations Sector



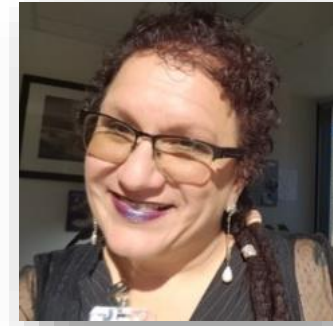
**GARY JOHNSTON**

Chief Resilience Officer, County  
COVID-19 Response Incident  
Commander, COVID-19  
Reopening Lead



**JENNIFER M. TUTEUR, MD**

County of San Diego  
Deputy Chief Medical Officer



**SUZETTE SOUTHFOX**

Director of Education  
National Alliance on Mental Illness  
(NAMI) San Diego

# Welcome to the CBO & Rural Communities Telebriefing



A few reminders before we begin:



This telebriefing is being recorded.



Your lines are muted



Please enter your questions in the Q&A Box and your comments in the chat box.



You can email us at:  
[COVID-CBO-FAITH@sdcounty.ca.gov](mailto:COVID-CBO-FAITH@sdcounty.ca.gov)



# ANNOUNCEMENTS

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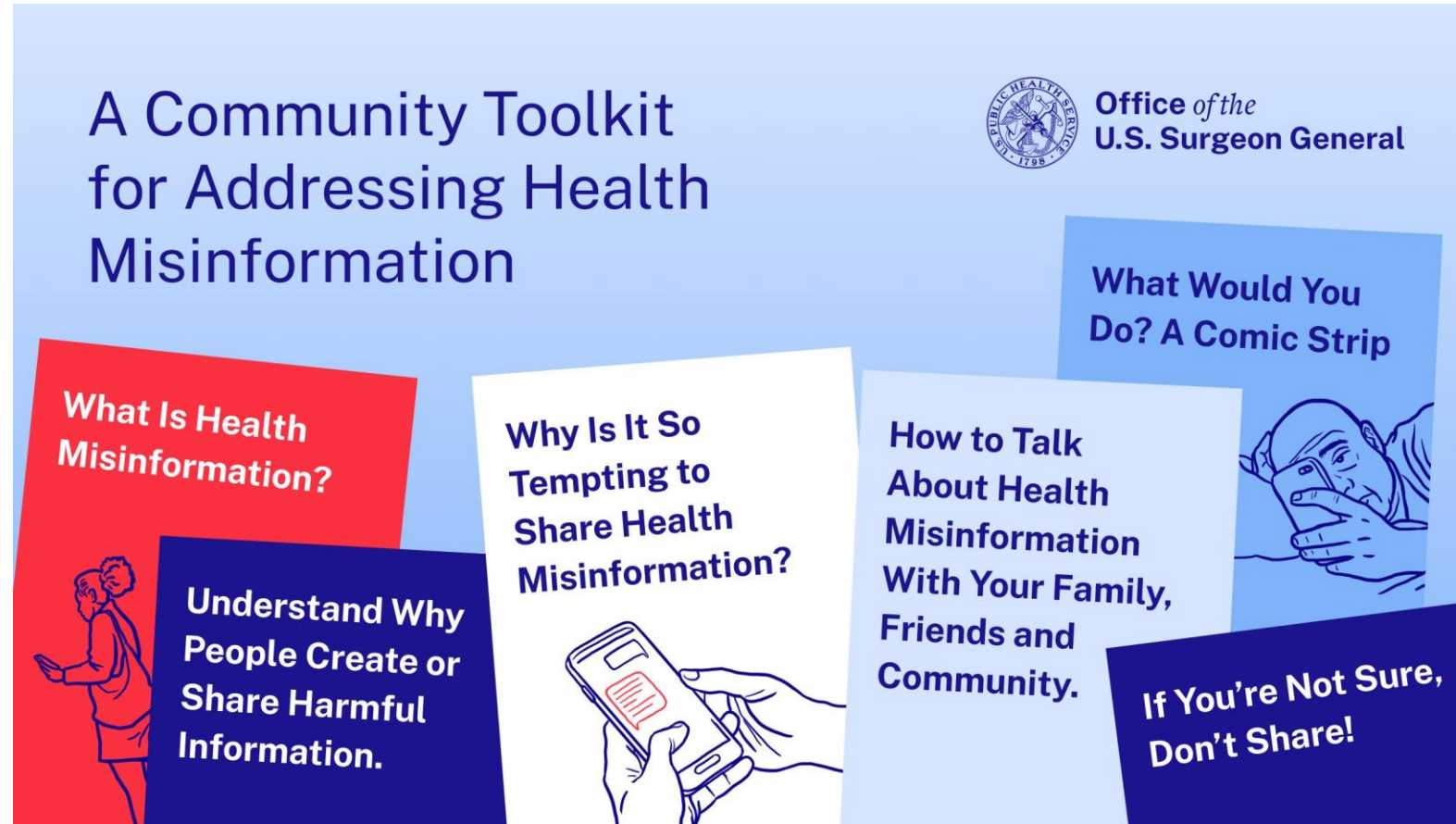


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# MISINFORMATION TOOLKIT



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Click for the [toolkit](#) & share the [tweet](#) with your communities!

# MATERNAL & INFANT HEALTH FOCUS GROUP OPPORTUNITY



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## HELP RAISE AWARENESS ABOUT AFRICAN-AMERICAN MATERNAL AND INFANT HEALTH



The San Diego County Perinatal Equity Initiative invites you to participate in a 30 minute focus group about a maternal and infant health media campaign.

Receive a \$50 gift card  
for participating



To be eligible, you must self-identify as African-American or Black, reside in San Diego County, be 18-40 years of age, and are one of the following:

- A woman who is currently not pregnant and has never had a baby
- A man whose partner will have a baby within 9 months or had a baby within the last 2 years



Email [Tasha.Lewis@sdcounty.ca.gov](mailto:Tasha.Lewis@sdcounty.ca.gov)  
if you are interested or have questions



Email [tasha.lewis@sdcounty.ca.gov](mailto:tasha.lewis@sdcounty.ca.gov) if you are interested or have questions!



# SHIGELLA FACT SHEET



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## SHIGELLA

Highly contagious diarrheal illness



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### SHIGELLA CAUSES DIARRHEA, FEVER, AND STOMACH PAIN

*Shigella* is a germ that spreads easily and causes:



- Diarrhea (may be bloody)
- Fever
- Stomach pain
- Dehydration (e.g., dry mouth, dark yellow urine, dizziness)



**CONTACT A  
HEALTHCARE  
PROVIDER FOR  
TESTING &  
TREATMENT IF YOU  
THINK YOU MAY  
HAVE SHIGELLA.**

### HOW SHIGELLA SPREADS

*Shigella* germs can spread through tiny, invisible bits of poop (stool) that people touch and then accidentally ingest. These germs can also contaminate food and water. **This can happen when someone has *Shigella* and:**



**Doesn't wash their hands  
after using the toilet.**



**Prepares food for  
others.**



**Contaminates  
water.**



**Has sex.**





# REOPENING UPDATES

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**GARY JOHNSTON**  
CHIEF RESILIENCE OFFICER  
COUNTY COVID-19 RESPONSE INCIDENT COMMANDER  
COVID-19 REOPENING LEAD



# BEYOND THE BLUEPRINT



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## OVERVIEW



TOMÁS J. ARAGÓN, M.D., Dr.P.H.  
State Public Health Officer & Director

State of California—Health and Human Services Agency  
**California Department of Public Health**



GAVIN NEWSOM  
Governor

UPDATED  
ON 10/27

- Vaccine verification or negative testing requirement to Indoor Mega Events involving 1,000 or more participants.
  - Beginning December 1, 2021, attendees 18 y/o+ must provide identification with proof of vaccination or negative test results
- Removed date for requirements and recommendations to remain in place to November 1, 2021 –  
UPDATE: recommend/require indefinitely.



## CDPH UPDATE TO INDOOR ATHLETICS GUIDANCE

- Activities may be performed outdoors without masks.
- **Masks are required INDOORS at all times for:**
  - Teachers, referees, officials, coaches, and other support staff
  - All spectators and observers.
  - Participants who are not actively practicing, conditioning, competing, or performing.
    - This includes while participants are on the sidelines, in team meetings, and within locker rooms and weight rooms
- **When actively practicing, conditioning, or competing in indoor sports, masks are required** by participants even during heavy exertion, **as practicable.**
- If masks are not worn due to heavy exertion, it **is strongly recommended that individuals undergo screening testing at least once weekly.** An FDA-approved antigen test, PCR test, or pooled PCR test is acceptable for evaluation of an individual's COVID-19 status.





# MEDICAL UPDATES

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*JENNIFER M. TUTEUR, MD, FAAFP  
DEPUTY CHIEF MEDICAL OFFICER  
MEDICAL CARE SERVICES DIVISION  
COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY*



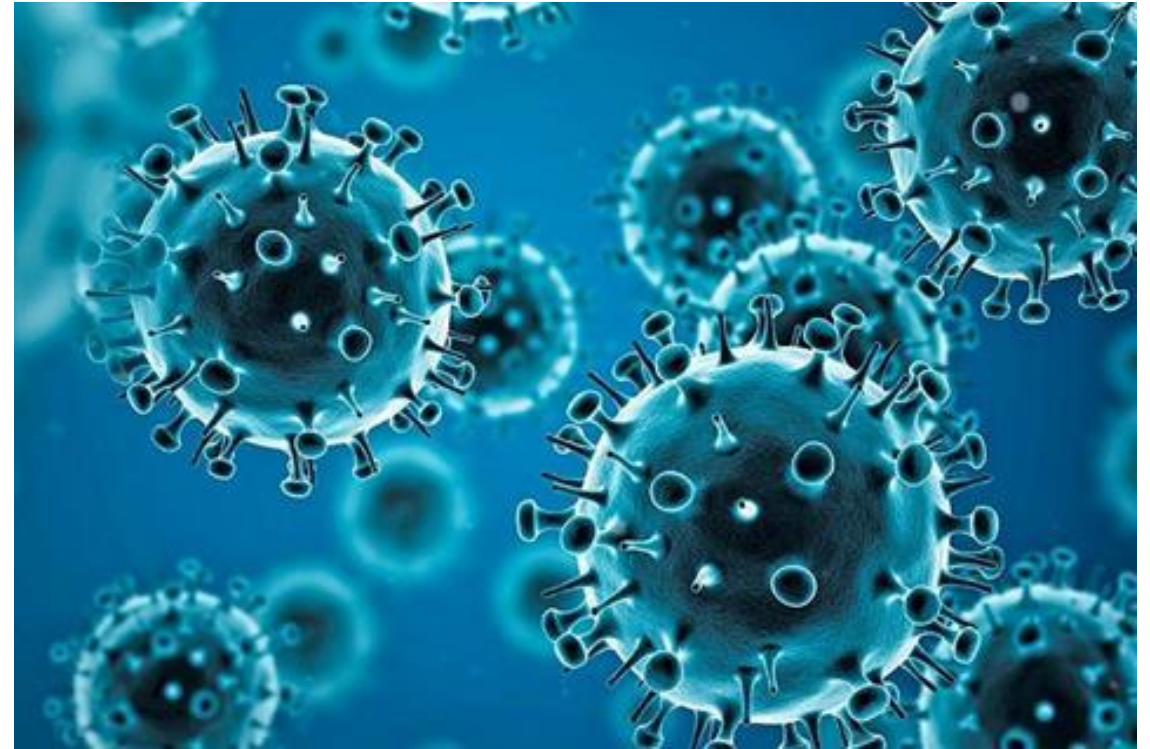
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# OMICRON VARIANT



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- On November 26, 2021, the World Health Organization classified a new variant, B.1.1.529, as a Variant of Concern and named it Omicron.
- The first case of this variant was identified in CA on 12/1.
- The CDC, WHO, and other global public health partners are working to learn more about the variant and monitor its spread.



[CDC Statement on the Omicron Variant](#)

[WHO: Omicron, Variant of Concern](#)

# OMICRON VARIANT



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## WHAT WE KNOW:

### How to prevent the spread of COVID-19

- Get fully vaccinated if you are 5 years and older
- Get a booster dose if you are 18 years and older
- Wear a well-fitting mask
- Wash your hands frequently
- Physically distance from others
- Maximize ventilation

## WHAT WE DON'T KNOW (YET):

- How effectively the variant spreads
- The severity of COVID-19 symptoms
- The effectiveness of the vaccines for preventing cases, hospitalizations, and deaths from the Omicron variant
- The effectiveness of monoclonal antibodies to treat and prevent COVID-19

# TESTING & VACCINATION IN SAN DIEGO COUNTY



## TESTING

Your Healthcare  
Provider

County  
Testing Sites

Community  
Testing Events



## VACCINATION

Your Healthcare  
Provider

County  
Vaccination Sites

Community  
Vaccination Events





# COVID-19 VACCINE ELIGIBILITY



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## **First 2 doses:**

Anyone ages 5  
and older

## **Booster dose:**

Anyone ages 18+ who  
received the second  
dose at least 6 months  
ago **should** get a  
booster



## **First 2 doses:**

Anyone ages  
18 and older

## **Booster dose:**

Anyone ages 18+ who  
received the second  
dose at least 6 months  
ago **should** get a  
booster



## **First dose:**

Anyone ages  
18 and older

## **Booster dose:**

Anyone ages 18+ who  
received the first dose  
at least 2 months ago  
**should** get a booster

# BOOSTERS FOR 16-17 YEAR OLDS



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## New York Times: Pfizer to Seek Approval for Boosters for 16- and 17-Year-Olds



- This week, Pfizer is expected to apply for approval for a booster dose for 16- and 17-year-olds.
  - If approved, this would be the first booster available for people under 18 years old.
- The FDA could authorize the booster within roughly a week.

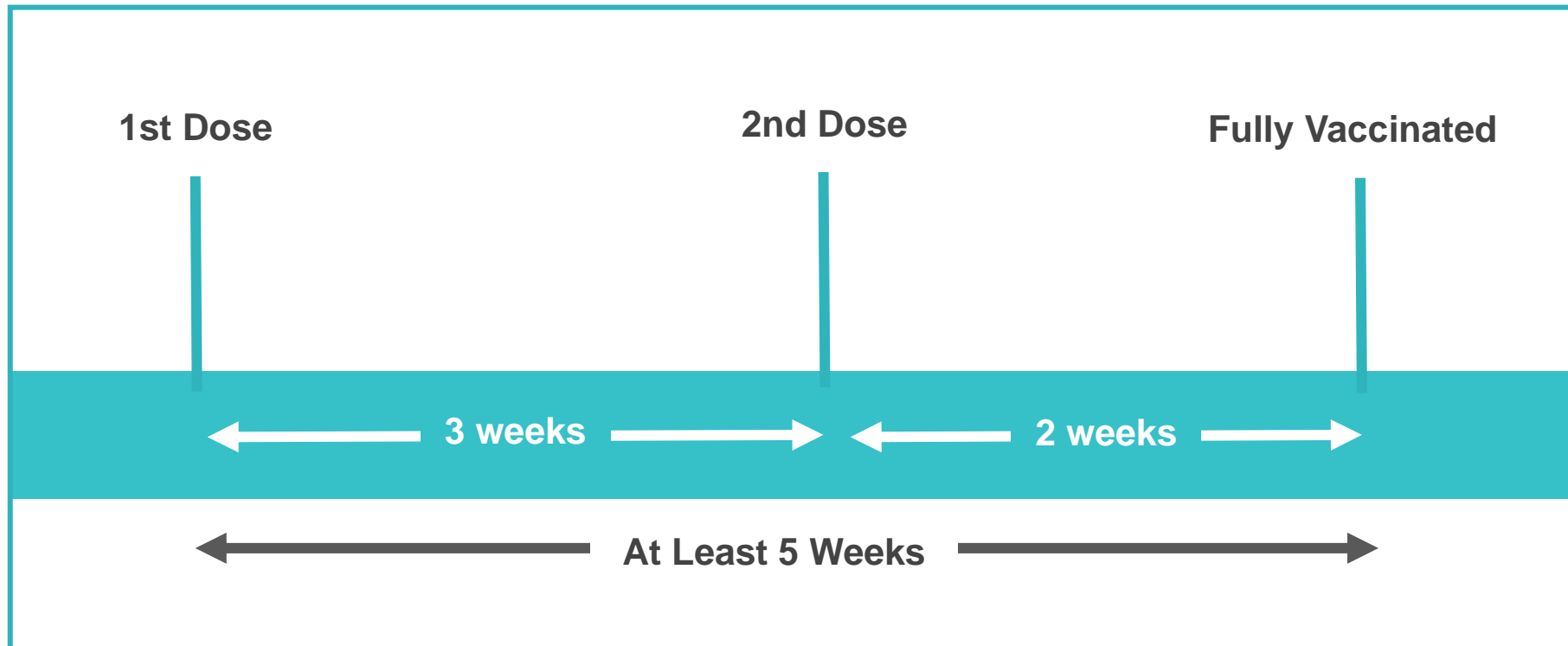
# COVID-19 VACCINE FOR 5-11 YEAR OLDS



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The Pfizer vaccine is a 2-dose series given 3 weeks apart. Children are considered fully vaccinated 2 weeks after they get the second vaccine dose.

**Keep this timeline in mind if you are planning to  
vaccinate your children soon!**




# VACCINATING CHILDREN REDUCES THEIR RISK





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## Estimated benefits for every million Pfizer-BioNTech COVID-19 vaccinations in children 5-11 years of age using recent incidence

### Females 5-11 years


 **57,301** COVID-19 cases prevented


 **191** hospitalizations prevented


 **130** MIS-C cases prevented


 **60** ICU admissions prevented

### Males 5-11 years

 **56,954** COVID-19 cases prevented

 **226** hospitalizations prevented

 **130** MIS-C cases prevented

 **72** ICU admissions prevented

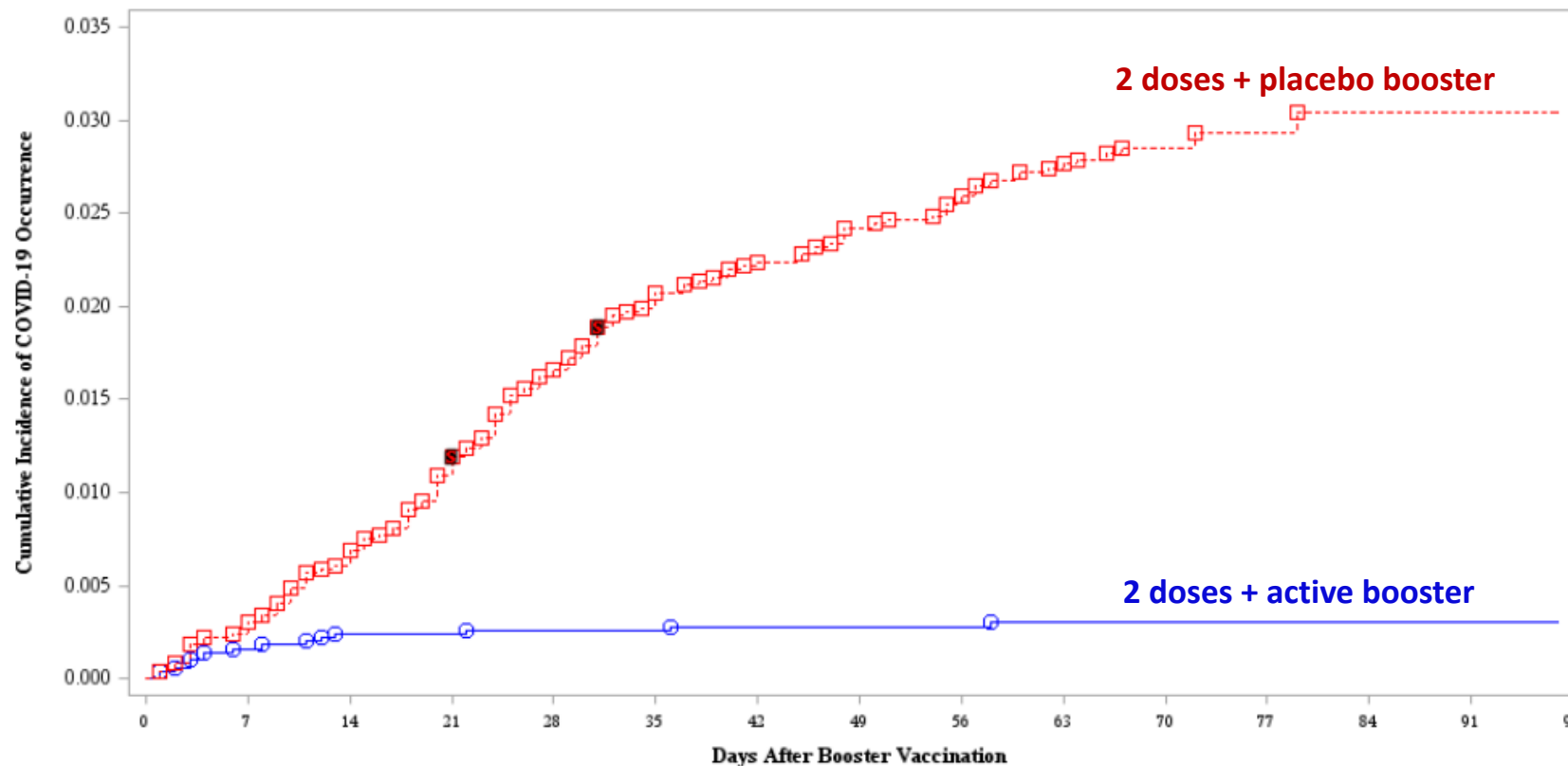
Assumptions: Benefits accrue over 180 days (6 months); VE against symptomatic COVID-19: 90%; VE against hospitalization: 95% Data Sources: COVID Data Tracker. <https://covid.cdc.gov/covid-data-tracker/#vaccination-demographic>. COVID Data Tracker [https://covid.cdc.gov/covid-data-tracker/#trends\\_dailycases](https://covid.cdc.gov/covid-data-tracker/#trends_dailycases). COVID-Net [https://gis.cdc.gov/grasp/COVIDNet/COVID19\\_3.html](https://gis.cdc.gov/grasp/COVIDNet/COVID19_3.html). All data are from the week ending on 9/11/2021.

# EFFICACY OF THE PFIZER BOOSTER



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Cumulative Incidence Curve for First COVID-19 Occurrence After Booster Vaccination – All Available Efficacy Population  
**Curves diverge rapidly, starting even before 7 days after booster**



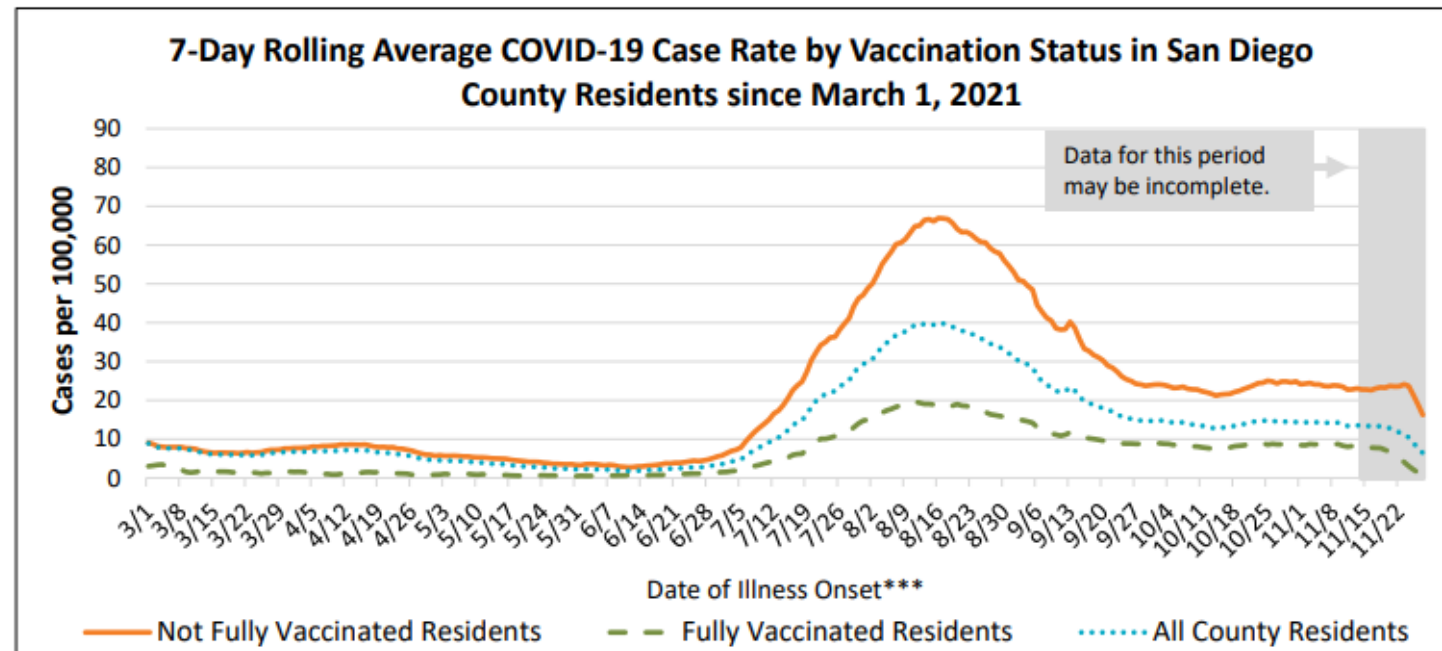
# COVID-19 CASE RATE BY VACCINATION STATUS



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Case rate for not fully vaccinated residents is **3 times higher** than fully vaccinated residents

Average Daily Cases per 100,000 (7-day average with 14-day lag: 11/7/2021– 11/13/2021)		
Not Fully Vaccinated*	Fully Vaccinated**	County Overall
<b>23.1</b>	<b>8.1</b>	<b>13.6</b>



\*Not fully vaccinated includes individuals with one dose of the two-dose series, no doses, or unknown vaccination status. Individuals less than 12 years of age who are not yet eligible for the vaccine are also included.

\*\*Cases who first tested positive (based on specimen collection date) greater than or equal to 14 days after receiving the final dose of COVID-19 vaccine.

\*\*\*If case did not have symptoms or illness onset date is unavailable, the earliest of specimen collection date, date of death, or date reported is used instead.

For more information see the [COVID-19 Watch](#) and the [Summary of Cases by Vaccination Status](#).

Prepared by the County of San Diego. Data through 11/27/2021, updated 12/01/2021.



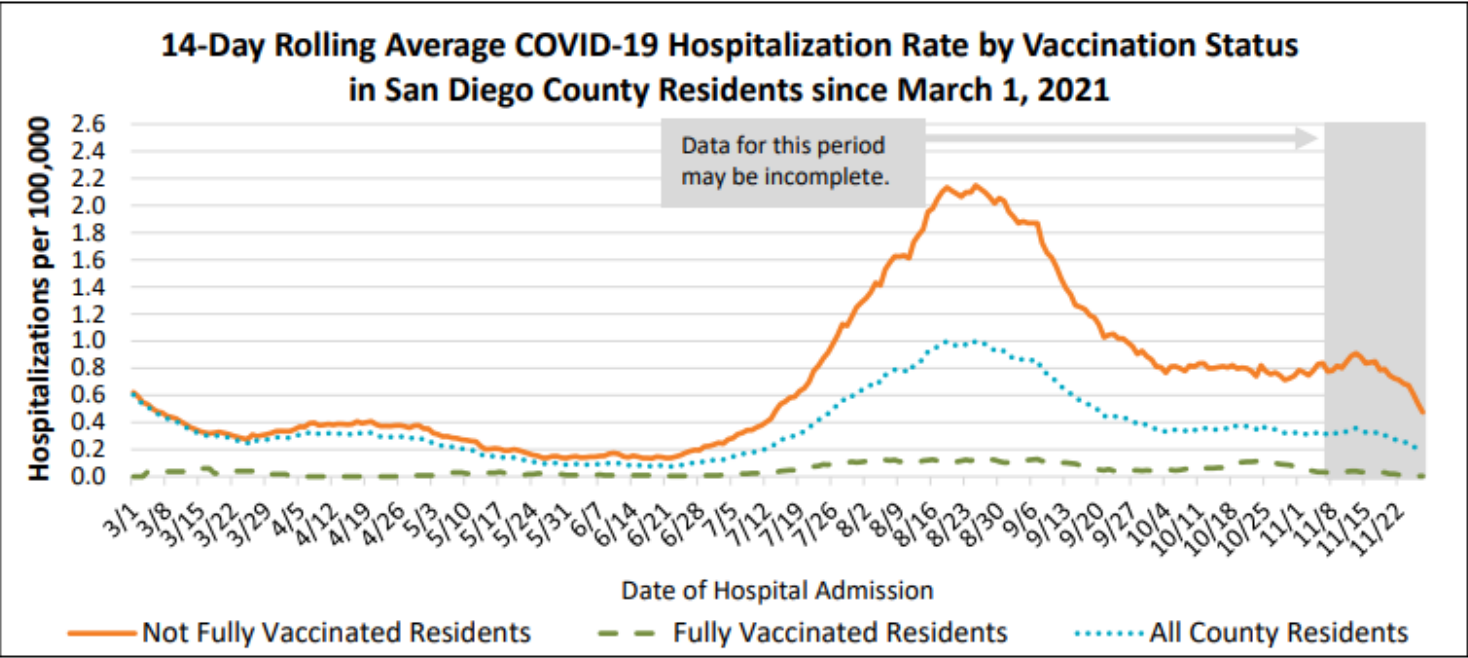
# COVID-19 HOSPITALIZATION RATE BY VACCINATION STATUS



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Hospitalization rate for not fully vaccinated residents is **28 times higher** than fully vaccinated

Average Daily Hospitalizations per 100,000 (14-day average with 21-day lag: 10/24/2021 – 11/6/2021)		
Not Fully Vaccinated*	Fully Vaccinated**	County Overall
0.84	0.03	0.33



\*Not fully vaccinated includes individuals with one dose of the two-dose series, no doses, or unknown vaccination status. Individuals less than 12 years of age who are not yet eligible for the vaccine are also included.

\*\*Cases who first tested positive (based on specimen collection date) greater than or equal to 14 days after receiving the final dose of COVID-19 vaccine.

For more information see the [COVID-19 Watch](#) and the [Summary of Cases by Vaccination Status](#).

Prepared by the County of San Diego. Data through 11/27/2021, updated 12/01/2021.



# EARLY THERAPY FOR COVID-19 AVAILABLE AT NO COST



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## Who can benefit from monoclonal antibodies?

Treatment	Prevention
<ul style="list-style-type: none"><li>• People who have a positive test for COVID-19 and have mild to moderate symptoms, <b>AND</b></li><li>• Have had COVID-19 symptoms for less than 10 days, <b>AND</b></li><li>• Are at <u>high-risk</u> of getting very sick from COVID-19<ul style="list-style-type: none"><li>• Examples include: 65 years of age or older, obese, pregnant, diabetes, heart disease, and high blood pressure</li></ul></li></ul>	<ul style="list-style-type: none"><li>• People who have been in <u>close contact</u> with someone with a positive test for COVID-19 <b>OR</b> at high risk of exposure, <b>AND</b></li><li>• Are not fully vaccinated <b>OR</b> not expected to mount an immune response</li></ul>
<b>AND</b> must be at least 12 years old	



Clinical studies show **≥ 70 % prevention** of hospitalization and death with monoclonal antibody treatment, and **≥ 70 % prevention** of transmission with monoclonal antibody prevention.



## WAYS TO ACCESS MONOCLONAL ANTIBODIES

- Call **(619) 685-2500** with questions or to make an appointment
- For additional information visit: [www.sandiegocounty.gov/COVIDHealthProfessionals](http://www.sandiegocounty.gov/COVIDHealthProfessionals)
- Email us at: [CovidTreatment@sdcounty.ca.gov](mailto:CovidTreatment@sdcounty.ca.gov)
- If a skilled nursing facility is interested in monoclonal antibody treatment, contact the Mobile Monoclonal Antibody Administration Team at [mcsdnursingmabinfusion.hhsa@sdcounty.ca.gov](mailto:mcsdnursingmabinfusion.hhsa@sdcounty.ca.gov)

In addition to monoclonal antibody treatment, the **Clairemont Friendship Center** can provide monoclonal antibodies for **post-exposure prophylaxis**. If you have been in close contact with someone who has COVID-19, call the Clairemont MARC site to see if you qualify to receive monoclonal antibodies.

## LOCATIONS

MARC at  
Vista Community Clinic

Vista

MARC at  
Clairemont Friendship  
Center

**OPEN SATURDAYS**

Clairemont

Family Health Centers of  
San Diego

Hillcrest & Chula Vista

# INTERACTIVE VENTILATION TOOL



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## HVAC Operation

Off/Not applicable



## Filter (Skip if no HVAC system)

Premium



## Portable HEPA Air Cleaner

No



## Open Window

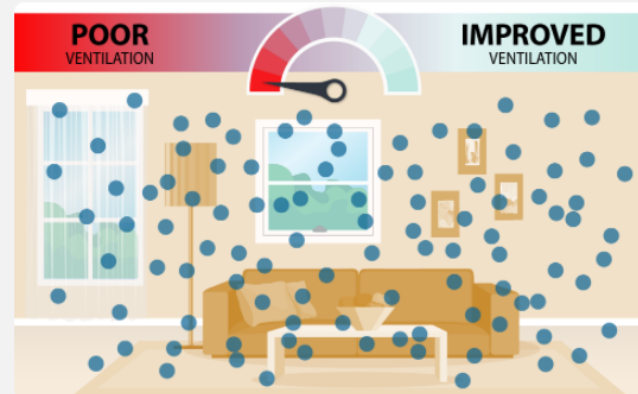
No



**0%** particle reduction achieved in your home by using ventilation.

The risk of getting COVID-19 varies according to individual susceptibility and the number of virus particles to which a person is exposed. The **fewer** virus particles in the air, the better.

You can decrease particles even more by continuing to ventilate for an extra hour after the visitor leaves.

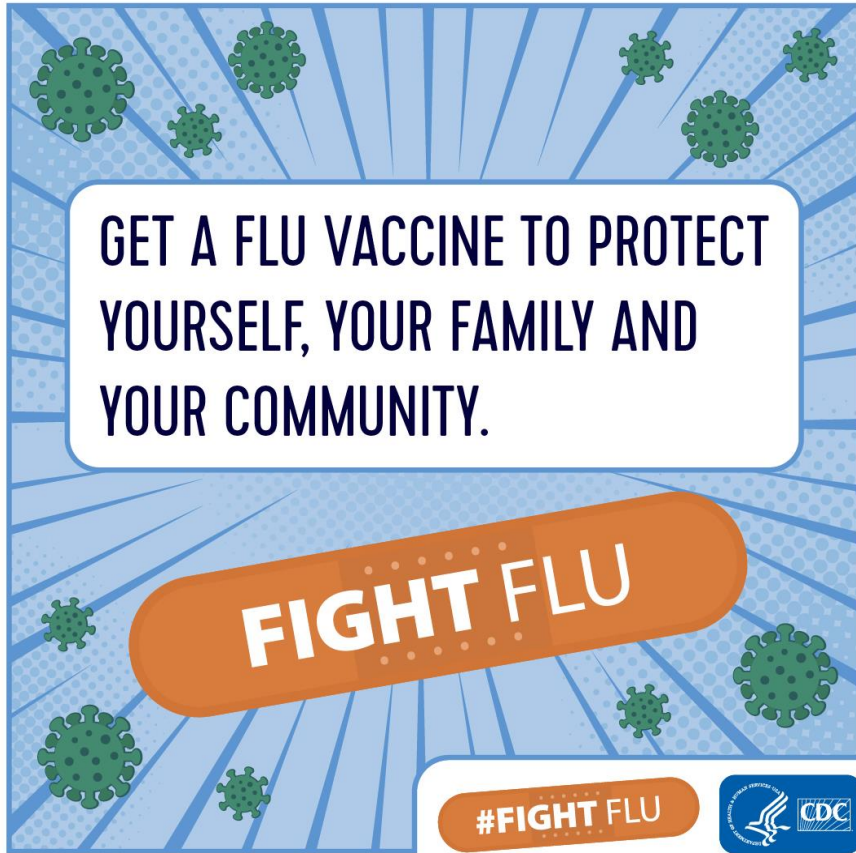


The CDC has a new [Interactive Ventilation Tool](#) that shows how particle levels change with different ventilation options. If guests visit your home, improving ventilation can help prevent you from getting and spreading COVID-19.

# INCREASING FLU ACTIVITY, ESPECIALLY AMONG YOUNG ADULTS



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View the [Influenza Watch](#) to learn more about influenza in San Diego County

- Flu activity is still low this season, but recently there has been an increase in cases.
  - This represents the first significant flu activity of the 2021-2022 season.
- Most new cases have been found in young adults and children.
  - The CDC has also received reports of flu outbreaks among young adults, possibly in college and university settings.
- The flu shot is recommended for everyone ages 6 months and older. Visit the County website for a list of [Flu Vaccine Locations](#).



National Alliance on Mental Illness

**nami** | **San Diego**

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## RECORDING: Mental Health, Well-Being & Family Holidays

*December, 2021*



# NAMI San Diego Mission



## SUPPORT

People with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders.



## EDUCATE

People who have mental illness, their families, and the general public about mental illness with the goal of dispelling ignorance and stigma.



## ADVOCATE

For more research and an improved system of mental health services across the nation.

# UNDERSTANDING MENTAL ILLNESS

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A mental illness is a condition that affects a person's thinking, feeling, or mood; and may affect someone's ability to relate to others and function each day.

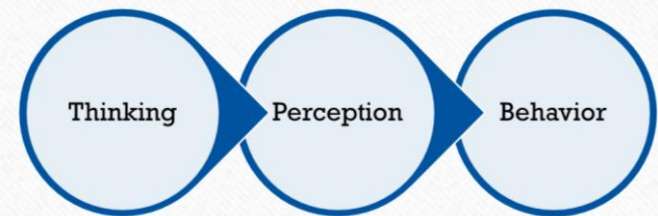
Each person will have different experiences, even people with the same diagnosis.





# Living with a Mental Health Condition

- Biological, Medical Condition
- Anyone Can Develop
- Are Common & Treatable
- 297 Diagnosis in the DSM V
- Average Delay Between Onset & Help



# Tools for Mental Health



**Family-to-Family**

Friends Resource  
Helpline 1-800-523-5933



Co-Occurring  
Disorders

**PEER WARM LINE**  
1-619-295-1055



**Spouses**

**Family Support Group**



**SIBLINGS**

**Family Support Group**



**Family  
Support Group**



**PEP**  
Parents  
Empowering  
Parents



**Peer-to-Peer**

# Recovery is Possible

*Re·cov·er·y*

noun

- 1. The act or process of becoming healthy after illness or injury.*
- 2. Restoration to a former or better condition.*

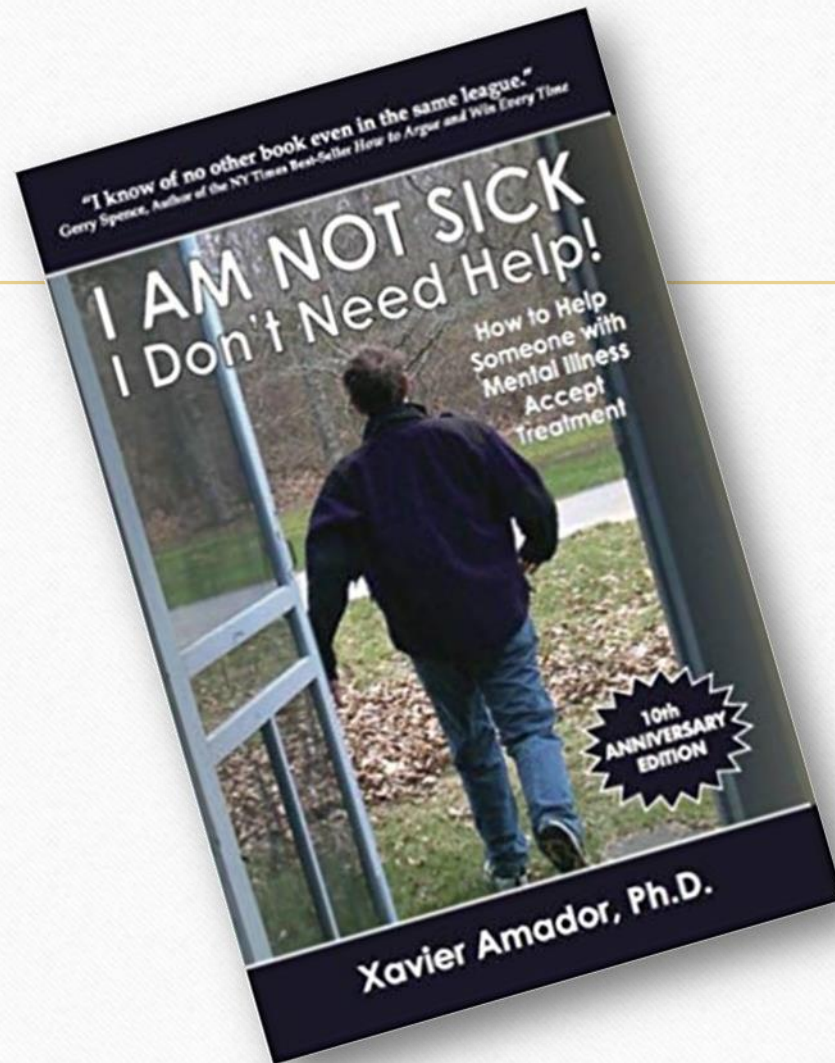




1. We will see the individual first, not the illness.
2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses are traumatic events.
4. We aim for better coping skills.

5. We find strength in sharing experiences.
6. We reject stigma and do not tolerate discrimination.
7. We won't judge anyone's pain as less than our own.
8. We forgive ourselves and reject guilt.

- 9. We embrace humor as healthy.
- 10. We accept we cannot solve all problems.
- 11. We expect a better future in a realistic way.
- 12. We will never give up hope.



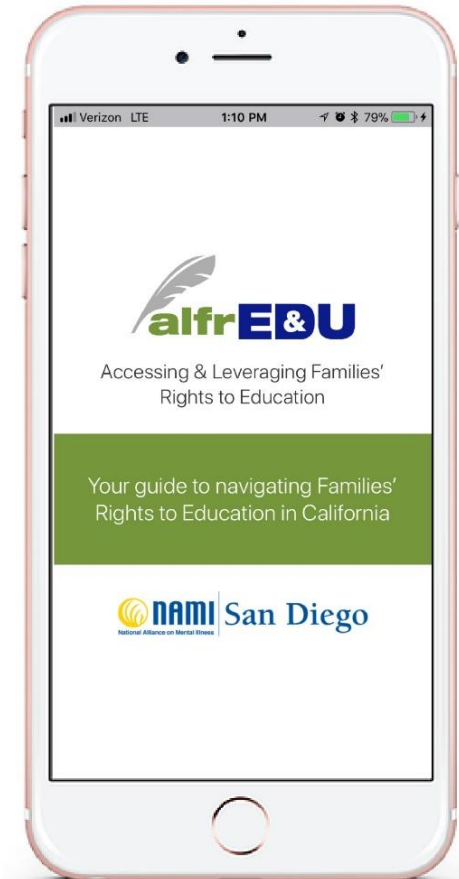
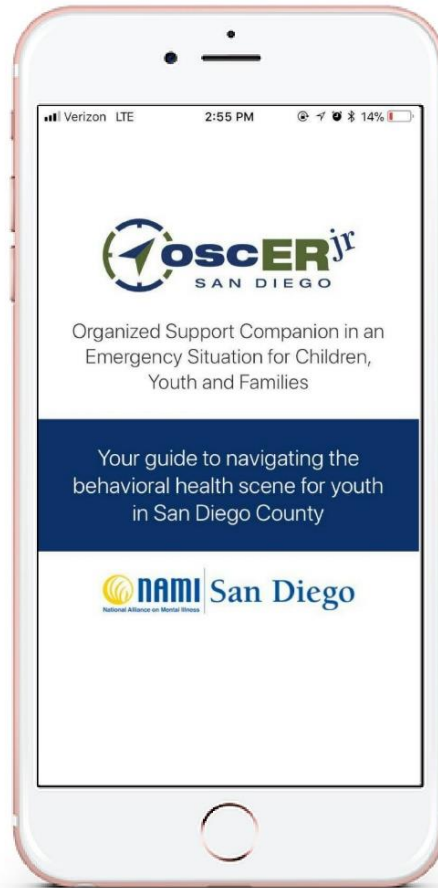
# LEAP

Shows you how  
to *quickly* gain the trust of  
someone you are  
at odds with.

*Dr. Xavier Amador*







# RESOURCES

- ☎ **NAMI San Diego Friends Resource Helpline**  
**1-800-523-5933**
- ☎ **WARMLINE 1-800-930-9276** 3:30 - 11:00pm  
A peer, willing to talk, ready to listen

**[www.NAMISanDiego.org](http://www.NAMISanDiego.org)**

# RESOURCES

PERT Psychiatric Emergency Response Team

[www.comresearch.org › pert](http://www.comresearch.org/pert)

 **9-1-1**

HENRY AMADOR CENTER / [I'm Not Sick, I Don't Need Help](#)

Dr. Xavier Amador <https://lfrp.org/home>

 **Access & Crisis Line 1-888-724-7240**

 **2-1-1**



**nami** San Diego  
National Alliance on Mental Illness

# THANK YOU!

[WWW.NAMISANDIEGO.ORG](http://WWW.NAMISANDIEGO.ORG)





# CLOSING

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From the Community & Faith-Based Organizations Sector





## STAY CONNECTED!

- For additional questions and resources, please email:  
[Covid-CBO-Faith@sdcounty.ca.gov](mailto:Covid-CBO-Faith@sdcounty.ca.gov)
- [Community-Based Organizations Webpage](#)
- [Rural Communities Webpage](#)
- [Sign up for email updates](#)

